

WALT
Disney's
HAPPY, HEALTHY
POOH BOOK



\$1.25





RABBIT'S
HOUSE

KANGA'S
HOUSE

CHRISTOPHER
ROBIN'S HOUSE

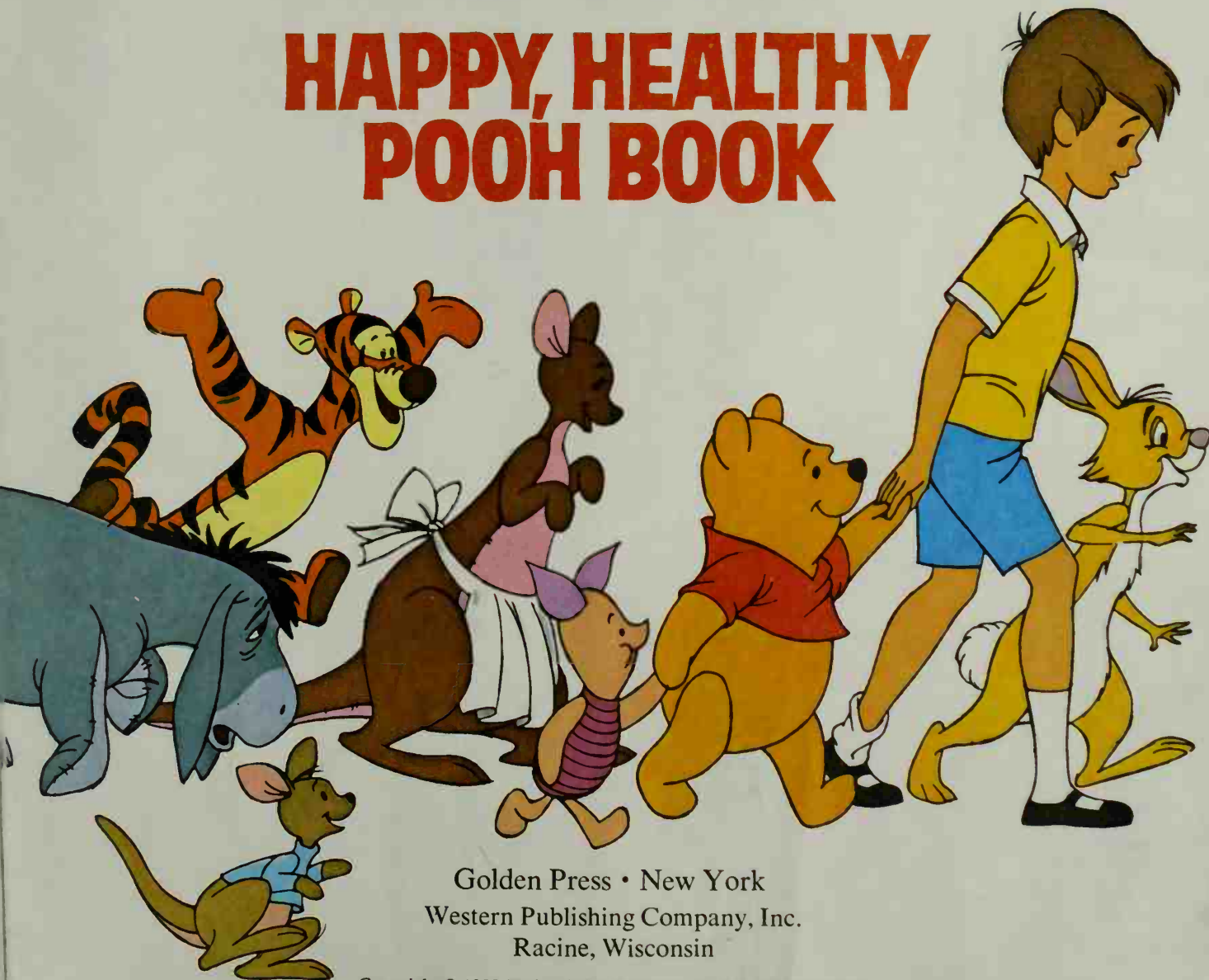
POOH'S
HOUSE

PIGLET'S
HOUSE

HUNDRED ACRE WOOD

This book belongs to

WALT DISNEY'S
**HAPPY, HEALTHY
POOH BOOK**



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Not eating properly can cause all sorts of unpleasant things. For instance, if you eat too many sweets just before you go to bed at night, you may have:

- 1) a bad dream
- 2) a most unpleasant stomachache.

And if you eat too many sweets day after day and night after night, you may discover that your skin is feeling too tight and your clothes are too small. In short, you may weigh more than you should.



Starting the day right is an important thing to do. Before breakfast remember to wash your face and hands. Comb your hair and wear a nice smile. Breakfast will seem nicer if you are looking your best.



Here is a list of good things to have for
breakfast:

orange juice grapefruit

cereal milk

toast with honey eggs

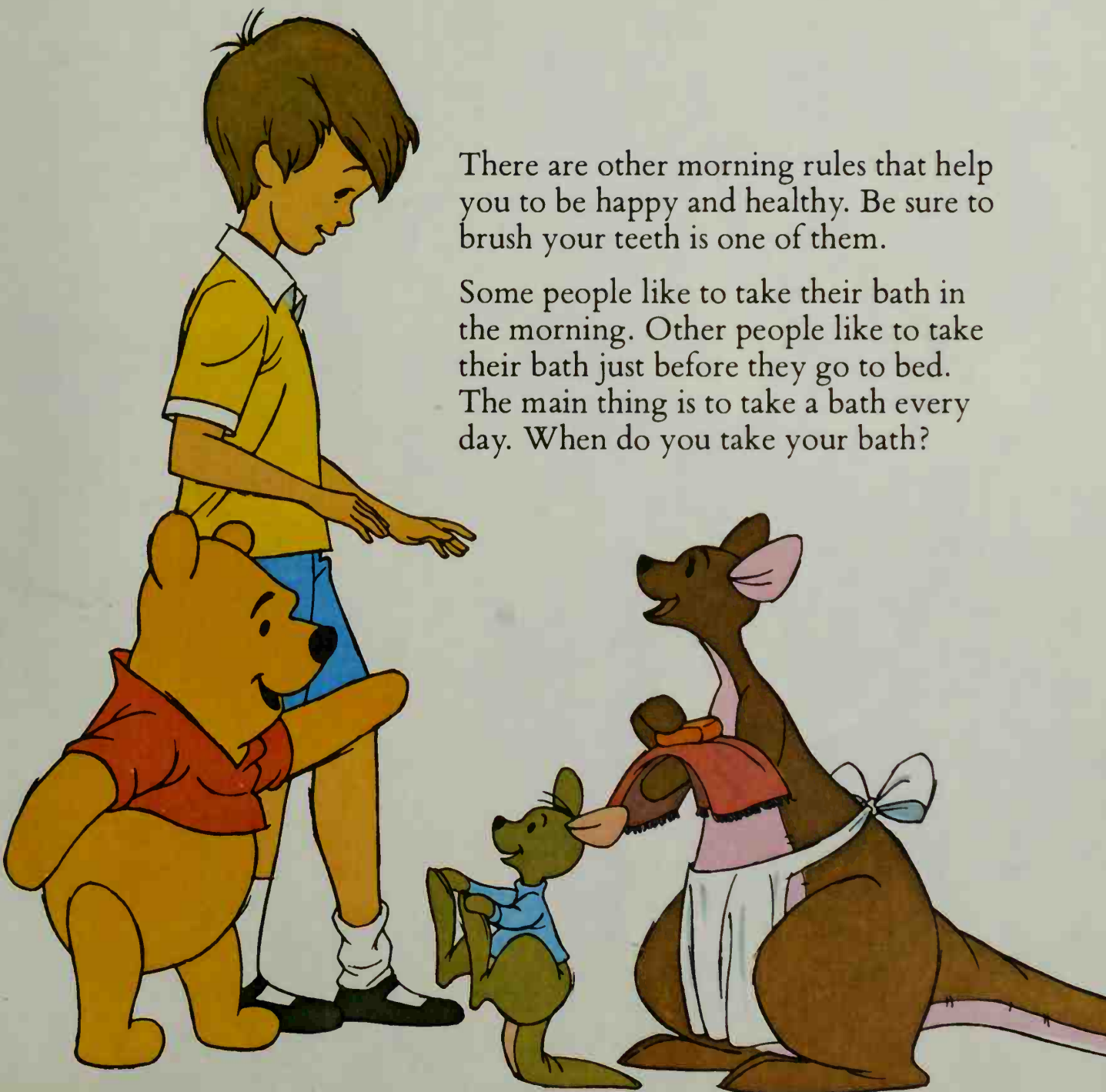
Can you think of some things that are not
on the list? What is your favorite breakfast?





Of course eating *too much*, even of good things, is not wise. Remember to push away from the table before you feel too full.

Growing up and getting bigger is fun, but getting bigger around instead of getting taller up and down can cause trouble—like not being able to bend over as much as you would like to!

A cartoon illustration of a young boy with brown hair, wearing a yellow short-sleeved shirt and blue shorts, standing and looking down at three anthropomorphic animals. On the left is a large brown bear wearing a red shirt. In the center is a small green mouse wearing a blue shirt, standing on its hind legs. On the right is a large brown kangaroo wearing a pink shirt and a white apron with a blue bow, holding a small brown baby kangaroo in its pouch. The background is plain white.

There are other morning rules that help you to be happy and healthy. Be sure to brush your teeth is one of them.

Some people like to take their bath in the morning. Other people like to take their bath just before they go to bed. The main thing is to take a bath every day. When do you take your bath?

Being neat and tidy may not make you healthier but it certainly makes you look better. And when you look better you usually feel better. If someone sews a button on for you, or mends a tear, be sure to say thank you.





In the morning before you go out to play, or go to school, or run an errand for someone, it is a good idea to check yourself over. Ask yourself these questions:

1. Are all buttons buttoned?
2. Are shoelaces tied and buckles buckled?
3. Am I dressed properly for whatever the weather is outside?

If you answered yes, you are ready to go outside.

Clean, fresh air and bright, warm sunshine
are two things that help you feel healthy
and happy. So try to run and play outdoors
as much as possible.
Playing with friends is the best fun of all.
What games do you like best?







When you are playing with friends there are several things to remember:

1. Always be a good sport.
2. Don't leave anyone out.
3. Be willing to play games that others suggest.



Now is the time to review some of the rules:
Wash your face and hands and comb your hair
before breakfast.
Eat the proper foods for breakfast.
Don't overeat.
Be neat and tidy.
Play outdoors.
Be a good sport.



It is always fun to play outside. There are so many things to do, especially when the weather is warm and nice.



Here are some outdoor things that are fun to do:

1. Have a picnic.
2. Fly a kite.
3. Take a hike
4. Play follow-the-leader.
5. Run races.
6. Hop, skip and jump.

You can probably think of many more.

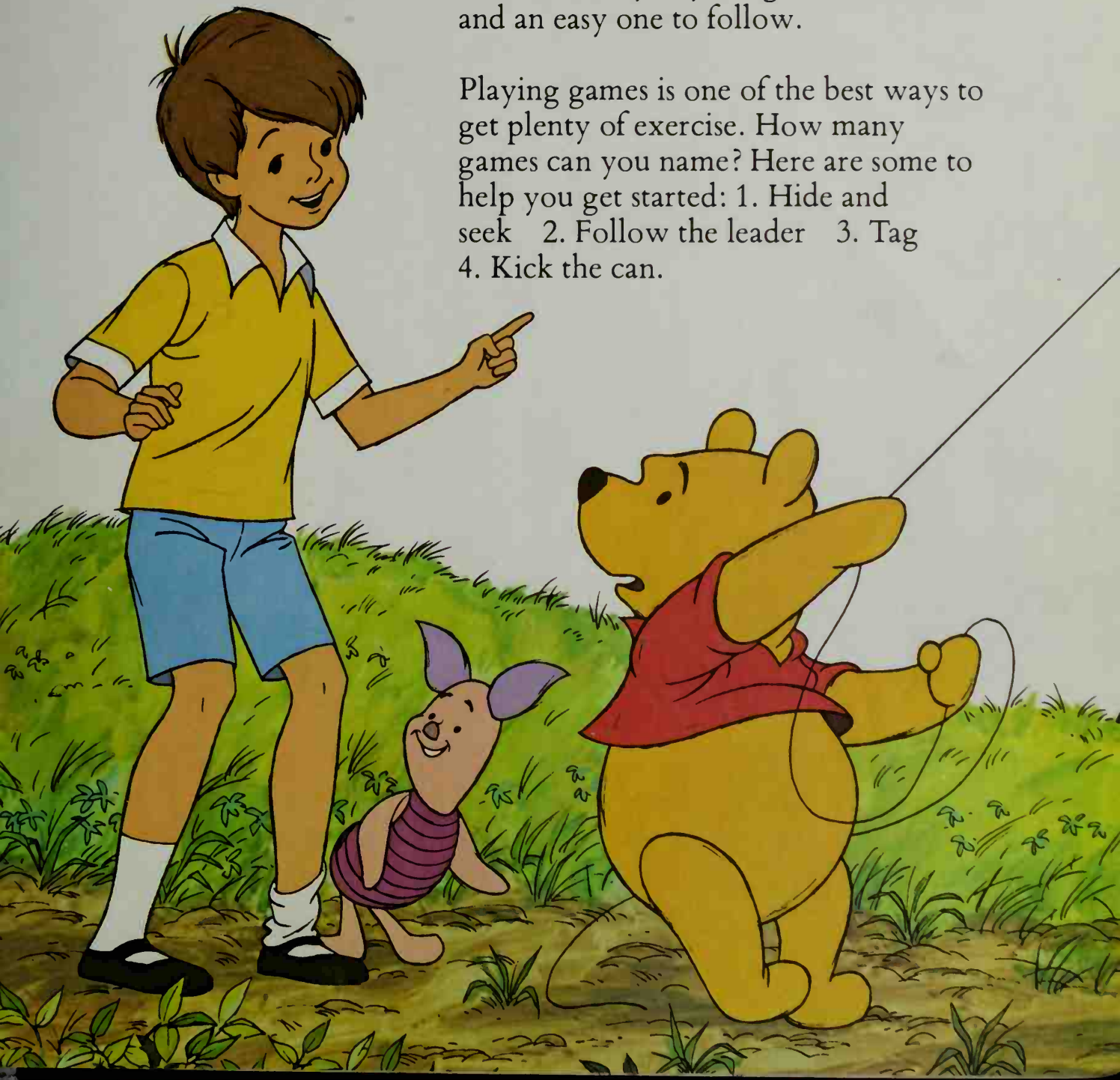




One way to be happy is to make others happy, too. If you see someone who looks lonely, be sure to ask them to come out and play. They'll be happy to be part of the fun.

Exercise every day is a good health rule
and an easy one to follow.

Playing games is one of the best ways to
get plenty of exercise. How many
games can you name? Here are some to
help you get started: 1. Hide and
seek 2. Follow the leader 3. Tag
4. Kick the can.





Helping others to be happy and healthy is very important, too. No matter how much fun you are having, you should take time out to cheer up anyone who may be feeling sad. You might call this rule: always be nice to others.



Cheering someone up who is feeling blue isn't easy. Sometimes a good laugh is the best medicine for someone who feels sad, but it isn't easy to make a gloomy person laugh.

You can try:

Telling a funny story.

Making a joke.

Having the gloomy person guess a riddle.



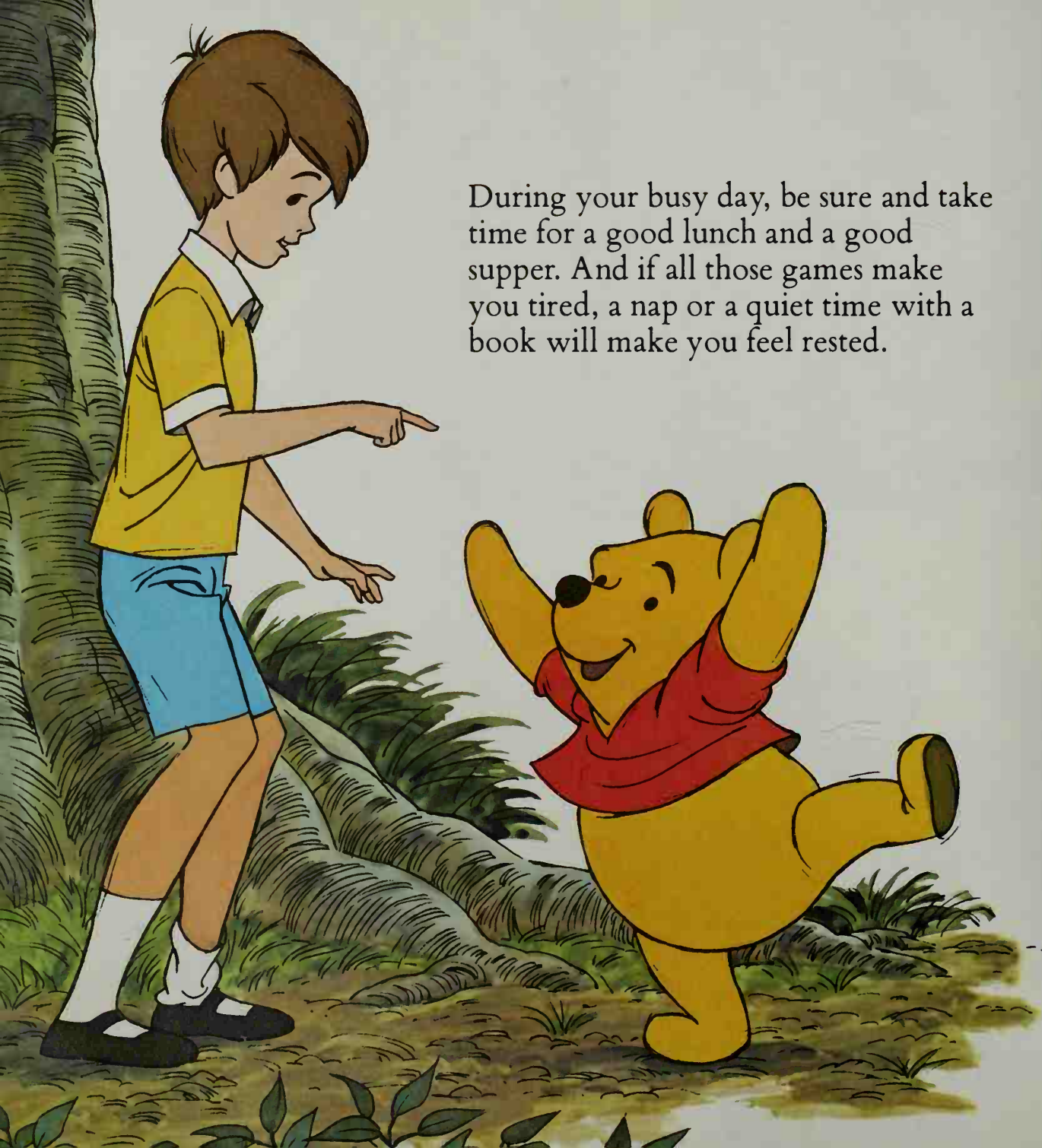


You can make a funny face.
You can act silly.
Or pretend to be a clown.

Pretty soon the sad person may smile and then the
smile may turn into a chuckle. Pretty soon the sad person
may be turning somersaults and laughing out loud.

Everyone will be happy.

During your busy day, be sure and take time for a good lunch and a good supper. And if all those games make you tired, a nap or a quiet time with a book will make you feel rested.

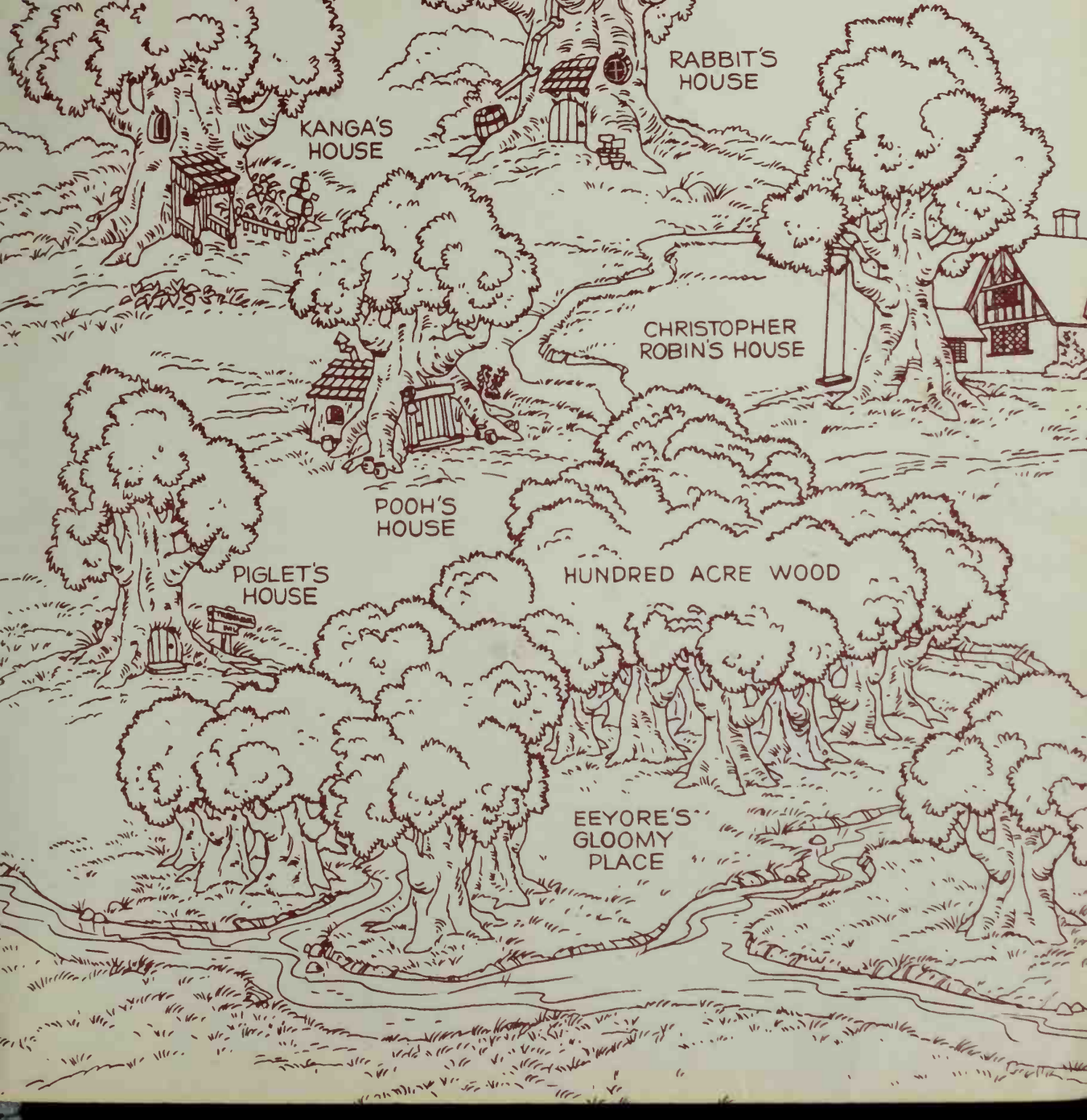




Friends are nice and playing outdoors is fun. Being safe and snug in your home is even nicer. Home is really where you can practice almost all the rules to be happy and healthy.



So, remember:
Eat properly, three good meals a day.
Be neat and tidy.
Brush your teeth and take your bath.
Get plenty of exercise in the fresh air and sunshine.
Be a good sport and always be nice to others.
Cheerfulness is important.
Get plenty of rest and sleep.
And—you'll be **HAPPY AND HEALTHY.**



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HOUSE

PIGLET'S
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HUNDRED ACRE WOOD

EYYORE'S
GLOOMY
PLACE

Look-Look Favorites:

- | | |
|--|---|
| 11830 RAGGEDY ANN AT THE CARNIVAL | 11840 WHAT WAS THAT! |
| 11831 BUGS BUNNY'S SPACE CARROT | 11841 THERE'S NO SUCH THING AS A DRAGON |
| 11832 HAPPY, HEALTHY POOH BOOK | |
| 11833 TWEETY AND SYLVESTER: BIRDS OF A FEATHER | 11843 BUGS BUNNY GOES TO THE DENTIST |
| 11834 UNUSUAL ANIMALS | 11850 A TOPSY-TURVY TALE |
| 11835 DINOSAURS | 11851 DONALD DUCK AND THE MAGIC MAILBOX |
| 11836 TODAY'S BIGGEST ANIMALS | 11852 ALL KINDS OF TRAINS |
| 11837 HIDE AND DEFEND | 11853 ALL KINDS OF PLANES |
| 11854 ALL KINDS OF SHIPS | |
| 11855 THE BEDTIME MOTHER GOOSE | |
| 11858 LITTLE PRAYERS | |

Written and Illustrated by Mercer Mayer:

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|--------------------------------------|--------------------------------------|
| 11838 JUST FOR YOU | 11846 LITTLE MONSTER AT HOME |
| 11839 JUST ME AND MY DAD | 11847 LITTLE MONSTER'S ALPHABET BOOK |
| 11844 LITTLE MONSTER'S COUNTING BOOK | 11848 LITTLE MONSTER'S BEDTIME BOOK |
| 11845 LITTLE MONSTER AT SCHOOL | 11849 LITTLE MONSTER'S NEIGHBORHOOD |

Illustrated by Richard Scarry:

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|--------------------------------|----------------------|
| 11820 MY HOUSE | 11824 AT WORK |
| 11821 ON THE FARM | 11825 ALL DAY LONG |
| 11822 ABOUT ANIMALS | 11826 ALL YEAR LONG |
| 11823 ON VACATION | 11827 SHORT AND TALL |
| 11828 IN MY TOWN | |
| 11829 LEARN TO COUNT | |
| 11842 NICKY GOES TO THE DOCTOR | |

